

Intermediate

Marathon Training Plan



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	3-4 miles Steady	Rest	3-4 miles fartlek	Rest	4-5 miles Steady
2	Rest	Rest	4 Miles Steady	Rest	3-4 miles fartlek	Rest	5-6 miles Steady
3	Rest	Rest	4 Mile fartlek	Rest	4-5 mile steady	Rest	6-7 miles Steady
4	Easy 3 miles / rest	Rest	4 Mile fartlek	Rest	3-4 miles tempo	Rest	7-8 mile Steady
5	Easy 3 miles / rest	Rest	4-5 Mile fartlek	Rest	4-5 mile tempo	Rest	9-10 miles steady
6	Easy 3 miles / rest	Rest	4-5 Mile fartlek	Rest	5-6 miles tempo	Rest	10-11 miles Steady
7	Rest	Rest	5-6 Mile fartlek	Rest	6-7 miles tempo	Rest	11-12 miles Steady
8	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 6 mins rest between ints intervals	Rest	Rest / cross train	Rest	12-13 miles Steady

- **Fartlek - A run with alternating speeds.**
- **Tempo - A "Comfortably hard" run.**

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	3-4 miles Steady	Rest	4 x 1 mile - 6 mins rest between ints intervals	Rest	7 mile tempo	Rest	13-14 miles Steady
10	3-4 mile Steady	Rest	4 x 1 mile - 6 mins rest between ints intervals	Rest	8 miles tempo	Rest	14-16 miles Steady
11	Rest	Rest	4-5 Mile fartlek	Rest	4-5 miles steady	Rest	16-18 miles Steady
12	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 6 mins rest between ints	Rest	8 miles tempo	Rest	18-20 mile Steady
13	Easy 3 miles / rest	Rest	5 x 1 mile intervals 6 mins rest between ints	Rest	8 mile tempo	Rest	19-21 miles steady
14	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 5 mins rest between ints	Rest	8 miles tempo	Rest	12-14 miles Steady
15	Easy 3 miles / Rest	Rest	5 x 1 mile - 5 mins rest between ints intervals	Rest	4-5 miles tempo	Rest	8-10 miles Steady
16	Easy 3 miles / rest	Rest	4-5 miles steady	Rest	3-4 miler easy	Rest	RACE DAY

- Fartlek - A run with alternating speeds.
- Tempo - A "Comfortably hard" run.

Key points on how to use the Intermediate timetable

- *Remember that it is just a guide, you do not necessarily have to follow it word for word.*
- *Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.*
- *Don't be afraid of looking at the beginners or advanced schedule and incorporate some sessions if you feel you need to. Some runners may find this plan either too easy or too difficult, so do dip into the other plans to suit your ability.*
- *Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.*

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- *The route you took.*
- *The distance and time of the run.*
- *How you felt during the run.*
- *Average Heart Rate (if you have a Heart Rate Monitor)*

DATE	DISTANCE RUN	NOTES